

Questions for Your Doctor

The exact cause of bipolar disorder is unclear. While there is currently no cure for bipolar disorder, it is treatable.

The first step towards managing your bipolar disorder is to learn more about it. One way to make sure you ask questions important to you is to make a list before your doctor's appointment. Below are sample questions you can ask:

- **What are the manic symptoms of bipolar disorder?**
- **What are the depressive symptoms of bipolar disorder?**
- **What does it mean to have a “mixed episode”?**
- **Is it possible that my bipolar disorder mood shifts are triggered by anything?**
- **Would it be helpful for me to keep a mood diary to track my bipolar disorder?**
- **Do you recommend any counseling or therapy to treat my bipolar disorder?**
- **How should I explain my bipolar disorder to my friends and family?**
- **Why do you recommend Equetro® to treat my bipolar disorder?**
- **How often should I take Equetro®?**
- **What should I do if I forget to take Equetro®?**
- **Why is it important that I discuss with you whether I'm taking another medication that contains carbamazepine before starting Equetro®?**
- **Where can I go to get more information about bipolar disorder and Equetro®?**



Important Safety Information

Equetro® contains carbamazepine. If you are currently taking another medication that contains carbamazepine, do not begin taking Equetro® without discussing this with your healthcare provider.

If you are taking any other medications, including oral contraceptives, over-the-counter medications, or herbal products, be sure to inform your healthcare provider, as Equetro® can interact with other medications.

Equetro® was generally well tolerated in clinical studies. The most common side effects, particularly when first starting on Equetro®, were dizziness, drowsiness, unsteadiness, nausea, and vomiting.

Contact your healthcare provider if you have any unexplained bruising, fever, or infection. Products that contain carbamazepine have been associated with rare but serious types of blood disorders.

People with a history of bone marrow problems, or who are allergic to carbamazepine, or who are sensitive to tricyclic antidepressants should not begin taking Equetro®.

People with bipolar disorder have an increased risk for suicide. It is important to discuss risk factors for suicide with your healthcare provider. If you are experiencing these risk factors, it is important to contact your healthcare provider immediately or seek emergency care.

Please see Full Prescribing Information for details about Equetro®.

